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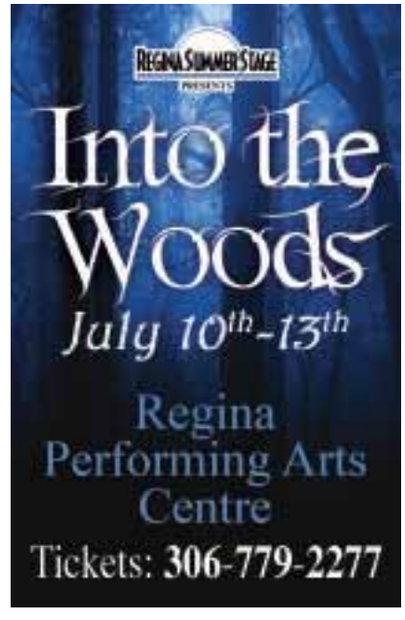

GENERATION GENIE

Eugenie Bouchard of Canada turns to family, friends and her coach as she celebrates defeating Simona Halep of Romania in their singles semifinal match at the Wimbledon tennis tournament in London on Thursday. The victory makes Bouchard the first Canadian ever to reach a Grand Slam singles final. Inset, Bouchard plays a return during the match. Story, page 16.

PAVEL GOLOVKIN/THE ASSOCIATED PRESS; INSET: BEN CURTIS/THE ASSOCIATED PRESS

Sask. farmers struggle to save drowning crops

Devastating floods. At least 40,000 hectares of farmland affected by eastern flooding

Water levels appear to be stabilizing in most of Saskatchewan after widespread flooding, but fear of massive damage is growing — especially among farmers.

In the province's southeast, farmers had 93 per cent of the land seeded while 97 per cent was seeded in east-central regions. But some of those areas have been hardest hit by the past week's storm, with more than 200 millimetres of rain.

Shannon Friesen, with Saskatchewan Agriculture, said producers are pumping out their yards and trying to help livestock left stranded by water.

"They're getting anxious about it and of course the worry is high really. Things just aren't good," said Friesen.

Norm Hall, president of the Agriculture Producers Association of Saskatchewan, said it's too soon to assess how badly farmers have been hurt.

"It got really ugly in a hurry," Hall said.

"It's the gamut of farms, and everybody's being hit."

At least 40,000 hectares of crops have been affected so far, he said, but it could easily go above that. Farmers are also concerned that the floodwater has damaged roads and grain storage bins.

The torrential rain and flash floods prompted more than 100 communities in eastern Saskatchewan and western Manitoba to declare states of emergency. About 300 people in Saskatchewan and 565 people in Manitoba have had to leave their homes.

Desperate times

"Crops can only withstand being under water a certain amount of time."

Shannon Friesen of Saskatchewan Agriculture

The situation appears to be improving in Saskatchewan as water recedes.

The villages of Gainsborough and Carievale were no longer cut off on Thursday after flooding had made roads into the communities impassable.

A hospital in Melville, northeast of Regina, has reopened and patients have moved back in. A rising creek had led to an evacuation of more than 150 patients and long-term residents on Tuesday.

Cottages on the Crooked and Round lakes in the Lower Qu'Appelle River watershed are submerged. THE CANADIAN PRESS

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Annexation

Opposition mounts over proposed ward boundary changes

Council ward boundary changes proposed for the city have some residents angry about a breakup of established community associations.

The proposal has been driven by Regina's recent annexation of part of the Rural Municipality of Sherwood, which has increased the city's area and number of residents.

Without the changes, says municipal ward commission chairman Darin Chow, "there will be residents in areas with no representation in the next election because they won't be part of an existing ward."

The commission is working to evenly distribute residents among Regina's 10 wards. According to Saskatchewan health data, Regina's population is 213,789.

Chow said the changes would be minor compared to ward amendments made in 2011.

He added, however, that some residents have written to the city to complain that the suggested boundaries would separate community associations in certain wards. SARAH TAGUIAM/METRO

Darin Chow, municipal ward commission chairman.
SARAH TAGUIAM/METRO

Flooding forces city to release sewage

Wascana Creek. Heavy rainfall overwhelms two treatment plants

SARAH TAGUIAM
sarah.taguiam@metronews.ca

The city continues to release partially untreated wastewater into Wascana Creek, due to recent heavy rainfall that filled Regina's two sewage plants to capacity.

Regina received about 9.7 centimetres of rain this past weekend, overwhelming its treatment facilities.

"It was done for two reasons — to save the infrastructure in the city and get wastewater out of the city and ... our wastewater treatment plant and lagoons are nearing capacity," acting waterworks manager Brent Rostad told reporters on Thursday.

While the sewage being released into the creek has been screened for organic materials, Rostad said it contains phosphorous and high levels of bacteria.

"Downstream from the wastewater treatment plant, there may be elevated levels of bacteria in the water," Rostad said.

He added that Reginans living downstream from the wastewater plant, near the Global Transportation Hub, have been notified.

About 25 to 40 per cent of wastewater was released from a McCarthy Boulevard pumping station from Sunday to Monday.

Partially untreated wastewater continues to be released and might continue until next week.

"It's tough to build infrastructure to handle every situation," Rostad said.

A new treatment plant will be constructed by the end of 2016.

From left, emergency manager Jay O'Connor, acting waterworks manager Brent Rostad and water treatment plant assistant manager Faisal Kaim announce on Thursday that partially untreated sewage will be released into Wascana Creek until next week, after heavy rain overwhelmed two treatment plants. SARAH TAGUIAM/METRO

Compensation

Uninsurable property damage?

Reginans who suffered uninsurable property damage from southeastern Saskatchewan's recent rainstorm can begin applying for compensation through the province.

The Provincial Disaster Assistance Program provides financial help to eligible residents and business owners for uninsurable losses through natural disasters.

In the past, homeowners were eligible for up to $240,000 in compensation, while small businesses, agricultural operations and non-government organizations were eligible for up to $500,000.

Claimants are responsible for five per cent of their total claim costs.

Adjusters could take up to three months before contacting residents, said city emergency manager Jay O'Connor.

Applicants have six months to report the damages from the date of the disaster. Applications are available at city hall and through the city's website.

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Benjamin Green

Family recalls homicide victim as a quiet man, hard worker

Family members of Benjamin Green, the victim of Saskatoon's fourth homicide of the year, say he'll be remembered as quiet, calm and hard-working.

The body of Green, 38, was discovered in a house on the 1000-block of Avenue K North on June 26. Saskatoon police have since charged 30-year-old Anthony Quattrocchi with second-degree murder in his death.

Quattrocchi appeared before a justice of the peace on June 27.

Glen Wason, Green's 81-year-old stepfather, said on Thursday that family members are devastated by the loss.

"It totally shocked the whole family," Wason said of the death of his stepson, a construction worker, in an interview with Metro from his home in Stettler, Alta.

"He was calm, cool and collected, a hard worker — and I've never even seen him lose his temper."

In addition to second-degree murder, Quattrocchi has been charged with indecently offering an indignity to human remains. Some media reports have said Green's remains were kept in a freezer.

Wason explained that the murder charge raises more questions for him and his family.

"I can't see what the hell could have took place to cause somebody to kill him," he said.

"I can't get my head around Benny being in trouble with anybody, because he's just not that kind of guy."

Police say the victim and suspect were known to each other. However, they have released very little information about their relationship.

Quattrocchi appeared in court again in Saskatoon on Wednesday, and is scheduled to be back in court on July 9. MORGAN MODJESKI/METRO IN SASKATOON

Saskatoon police investigate the scene of the suspected homicide. MORGAN MODJESKI/METRO IN SASKATOON

Saskatchewan to have a strong showing in Football Canada Cup

Tournament. Province hosting 320 of Canada's best young players

MORGAN MODJESKI
Metro in Saskatoon

Saskatchewan will soon be awash with some of the best young football players in Canada.

From July 6 to 12, Saskatoon will host the Football Canada Cup tournament, which will see about 320 male players under the age of 18 converge on the city.

Jeff Yausie, executive director of Football Saskatchewan, said the province will boast a strong showing in the tournament with two teams.

"Normally, we would only send one team to this competition — but with seven teams coming, we didn't want to get into a situation where teams had to play mini-games," Yausie said at Griffiths Stadium at the University of Saskatchewan, where the tournament will be held.

"So we made the decision to add a second team to the event," he added.

"That really just gives us an opportunity to provide a chance for another 40 players — so really, the top 80 players in our province — to grow, get better and compete against the best players from across the country."

Most of the Saskatchewan players live in Regina or Saskatoon.

Tournament co-chairwoman Cathy Sarich said the annual competition is a chance for players to advance their careers on the gridiron. "We have CJFL (Canadian Junior Football League) coaches and scouts here. We're going to have some CFL individuals, and we have over 15 CIS (Canadian Interuniversity Sport) coaches and universities coming," Sarich said.

"This is the best opportunity for them to get scouted and to show their skill."

Kim Wudrick and Cathy Sarich, co-chairs of the Football Canada Cup, are seen near Griffiths Stadium at the University of Saskatchewan in Saskatoon on Thursday. MORGAN MODJESKI/METRO

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Jim Galyon, top, shares a kiss with his brothers Ronnie, right, and Donnie in their Beavercreek, Ohio, home in this June 28 photo. The brothers, born Oct. 28, 1951, are hoping to be recognized later this year as the world's oldest conjoined twins. CORY MORSE-THE GRAND RAPIDS PRESS/THE ASSOCIATED PRESS

Conjoined U.S. brothers close to outliving Siamese Twins

Guinness World Records. 62-year-old Galyon brothers also eyeing world's oldest conjoined twins record

Ohio brothers hoping to be recognized later this year as the world's oldest conjoined twins plan to celebrate Saturday as they hit a milestone they've been looking forward to for years.

Donnie and Ronnie Galyon of Beavercreek will be 62 years, eight months and seven days old, and they'll have outlived Eng and Chang Bunker, the famous 19th-century "Siamese Twins."

"They are talking about it constantly, day in and day out," their younger brother, Jim Galyon, told the Dayton Daily News as he planned a celebratory block party. "They've been marking their calendar off every day, counting down to the day."

What they really want, though, is recognition from Guinness World Records. That could happen in October, when they would turn 63 and pass the record held by conjoined twins from Italy.

The brothers, who are joined at the abdomen, live with Jim and his wife in Beavercreek. The couple began caring for the twins around the clock four years ago, when the men were in poor health. The community helped with a $170,000 renovation to the home.

The twins performed in carnival sideshows and circuses until retiring in 1991 and now spend most of their time in a special bed created by a team from Mary Free Bed Rehabilitation Hospital in Grand Rapids, Mich., The Grand Rapids Press reported. The slightly offset backrests face each other, and the twins relax with their legs splayed, rather than taking turns lying on top of each other on a queen-sized bed as they used to do.

THE ASSOCIATED PRESS

Eng and Chang Bunker, the famous "Siamese Twins" born May 11, 1811, in Siam (now Thailand). COURTESY WIKIPEDIA

Scarred U.S. girl

Family won't take KFC cash directly

The family who says their three-year-old girl was asked to leave a KFC restaurant because of her scars won't directly accept a $30,000 US donation from the chain but wants the money given to the foundation of a doctor who will work on her face. THE ASSOCIATED PRESS

Walgreens

Fired cashier gets $180K settlement

U.S. drugstore chain Walgreens has agreed to pay $180,000 US to a diabetic cashier who was fired after eating a $1.39 bag of chips before paying for it during what she said was an attack of low blood sugar, federal officials said.

The U.S. Equal Employment Opportunity Commission filed a discrimination suit against the company three years ago.

According to the suit, the 18-year Walgreens employee paid for the bag of chips the same day she ate them.

The San Francisco Chronicle reported that Walgreens apparently fired her for violating a company policy against eating food products before paying for them. THE ASSOCIATED PRESS

Alaska

Strippers on boat too hot for some?

A new attraction on Alaska's Kodiak Island featuring exotic dancers who entertain fishermen on a converted crabbing boat has been shut down by the coast guard after someone reported a water taxi was overloaded as it transported patrons to the vessel. THE ASSOCIATED PRESS

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Israel gathering military forces on Gaza border

Hamas. Increased wave of rocket fire out of Gaza has further stoked tensions since three Israeli teens were found dead last week

A Palestinian looks through a hole near a Hamas training camp following an Israeli airstrike. THE ASSOCIATED PRESS

The Israeli military rushed additional forces to its southern border with the Gaza Strip on Thursday, vowing to halt a growing wave of rocket fire from the Palestinian territory. Meanwhile, new clashes erupted in east Jerusalem in response to the death of an Arab boy who Palestinians say was killed by Israeli extremists.

Israel said the show of force on the Gaza border was a defence measure. But persistent rocket fire raised the prospects of a tough Israeli response, with the military saying more than 40 rockets or mortar shells were fired from Hamas-controlled Gaza on Thursday.

Tensions have been high since three Israeli teenagers were abducted in the West Bank on June 12, sparking a massive manhunt that ended with the discovery of their bodies early this week. Israel has blamed Hamas for the abductions and launched a crackdown on the Islamic militant group in the West Bank, drawing rocket attacks out of Gaza and Israeli airstrikes in a near-daily cycle of retaliation.

The situation deteriorated further on Wednesday after the burned body of a Palestinian youth, whose identity was confirmed Thursday as Mohammed Abu Khdeir, was found in a forest after he was seized near his home in east Jerusalem. The Palestinians accused Israeli extremists of killing the teen in a revenge attack over the deaths of the Israeli youths.

THE ASSOCIATED PRESS

Bridge collapses amid World Cup fever

A bus sits damaged after a bridge collapsed in Belo Horizonte, Brazil, on Thursday. The incident took place on a main avenue, the expansion of which was part of the World Cup infrastructure plan but, like most urban mobility projects related to the Cup, was not finished on time for the event. VICTOR R. CAIVANO/THE ASSOCIATED PRESS

Pistorius called a 'paradox'

Oscar Pistorius is a "paradox" whose past triumphs as a sprinter crossing the finish line with raised arms contrasted sharply with the daily, severe limitations that he endured because of his disability, a physician testified Thursday at the runner's murder trial.

Wayne Derman, a professor of sport and exercise medicine at the University of Cape Town, said in court that the contrast likely contributed to stress and anxiety for Pistorius, who fatally shot girlfriend Reeva Steenkamp through a closed toilet door in his home. He testified for the defence, which wants to show that the athlete had a deep sense of vulnerability and it was a factor in what he has described as a mistaken shooting. THE ASSOCIATED PRESS

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Alone with your thoughts? It may not be very enjoyable, study says

Engaging the mind. College students left cellphones and other distractions behind and spend six to 15 minutes alone in a room, with their thoughts

Wouldn't you love to escape this busy world and just spend some time alone with your thoughts? Maybe not, says a study of volunteers who actually tried it.

Some even started giving themselves electric shocks as the minutes ticked by.

"I think many of them were trying to shock themselves out of boredom," said psychologist Timothy Wilson of the University of Virginia. "It's just a sign of how difficult (being alone with one's thoughts) can be for people.... This isn't something that most people find really enjoyable."

At least, that's the case for people not trained in techniques like meditation, Wilson and co-authors say in a paper released Thursday by the journal Science.

In a series of experiments, college students left their cellphones and other distractions behind and spent six to 15 minutes alone in a sparsely furnished room on campus. They were told to entertain themselves just with their thoughts, or imagine doing one of three pleasant activities like hiking.

On a nine-point scale of enjoyment, their average rating was about in the middle. And about half the participants gave it a rating at the halfway mark or below.

Doing it at home proved no more enjoyable. When the researchers had 61 people from the community try it at home, about half admitted to cheating by doing things like checking their cellphones, writing or doodling.

In this file photo, a visitor makes a call with his mobile phone as he looks at a school of golden trevally displayed at an aquarium in Shanghai, China. A study released Thursday, involving college students who left their cellphones and other distractions behind to be alone to think for six to 15 minutes, found that many of them reported it wasn't very fun.

EUGENE HOSHIKO/THE ASSOCIATED PRESS FILE

Maybe the problem is that while pleasant thoughts pop up naturally while we're doing something like driving or exercising, it's hard to activate them on demand, he said.

"I think it's an issue of mental control. The mind is built to engage in the world and when you give it nothing to engage it, it's hard to keep one train of thought going for very long," he explained.

In any case, the result is probably not a consequence of modern-day life, Wilson said, because even in medieval and ancient Roman times, there were complaints that people don't take enough time to contemplate.

THE ASSOCIATED PRESS

Electric shock

The most startling experiment involved the electric shock.

- Students first shocked themselves in the ankle and rated how unpleasant that was.
- Then, they were asked to imagine being given $5 and to specify how much they would pay to avoid another shock, or to receive one.
- Then they were told that if they wanted to, they could shock themselves again during their time alone, which ran 15 minutes.
- Of the 55 participants, 42 said they would pay to avoid feeling the shock again. But once they were left alone, even some of these volunteers chose to shock themselves anyway — 12 of 18 men and six of 24 women.

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Sex killer Bernardo engaged?

'Love' behind bars. There's nothing the government can do about it, says justice minister

Federal Justice Minister Peter MacKay says there's nothing the government can do to prevent Paul Bernardo from communicating with a woman who is reportedly planning to marry the convicted killer.

"That's not really an issue before the Justice Department," MacKay said Thursday.

"There hasn't been an action. There hasn't been preventative steps taken to prevent contact.... We can't stop a person from communicating through letters and emails unless there is something that is seen as harassing or criminal in its intent."

Convicted killer Paul Bernardo is serving an indeterminate sentence for the slayings of two schoolgirls, a dozen rapes and more than two dozen other sex offences — but there are still women who reportedly want to marry him.

The latest is reported to be a 30-year-old university graduate from London, Ont., who began corresponding with Bernardo last fall, according to QMI news agency.

Corrections Canada declines to comment on individual cases. But Tim Danson, a lawyer for the families of the murdered schoolgirls, has plenty to say. "He should not be given any privileges," Danson told Torstar News Service Thursday.

He also said the woman who considers herself to be Bernardo's fiancée needs plenty of help. "People close to her have to reach out to her and save her from herself," he said. "Just the thought of it is disturbing."

Still, there are plenty of women who struggle to make contact with Bernardo through letters. One website for prisoners' families features a hot discussion on whether it's right to try to make contact with Bernardo.

"I write to Paul all the time, I send him cards and no I dont have a fetish for concrete!" a woman who identified herself as "shoes" wrote. "I have read many books on his crimes and for some reason i hold compassion for him. Its deep in my bones and i cant let it go."

Another woman, who identified herself as "brandy99," wrote that she can see a difference between Bernardo the man and Bernardo the criminal. TORSTAR NEWS SERVICE/WITH FILES FROM THE CANADIAN PRESS

Marriage to a convict

- If the marriage did take place, Corrections Canada would determine if Bernardo would be allowed to meet with his wife behind bars.
- Prisoners are permitted private visits of up to 72 hours once every two months. A former Millhaven inmate told Torstar that prisoners often are able to increase that visiting time in swaps with other inmates.

Paul Bernardo and Karla Homolka are shown in this photo taken in the early years of their relationship in the late 1980s. THE CANADIAN PRESS

Bride-to-be

'Paul's girl' believes he is innocent

In a report published on Thursday, the Quebecor-owned QMI does not name the 30-year-old bride-to-be. It says that even her family doesn't believe the ceremony behind bars will ever take place.

According to QMI, the couple first met last fall after she wrote Bernardo, and the bride-to-be believes he is innocent even though he made videos of his victims in captivity.

"He has convinced her that he didn't do this (rapes or murders)," her father told QMI.

QMI says the bride-to-be has a tattoo on her ankle that says "Paul's girl," and the engagement has caused tensions within her family.

Video helping in case of missing trio

Nathan O'Brien and his grandmother Kathy Liknes. HANDOUT

Calgary police say closed-circuit video and tips from the public are bringing them closer to understanding what happened to a missing five-year-old boy and his grandparents.

But homicide unit Staff Sgt. Doug Andrus said investigators still don't have any suspects they can name.

"But ... we have information that's allowed us to move forward with this investigation," Andrus said at a news conference Thursday.

"Are we closer than yesterday? I would say we are."

Nathan O'Brien and Alvin and Kathy Liknes were reported missing Monday and police believe their disappearance is suspicious.

The boy had been at his grandparents' on a sleepover after the couple held an estate sale at their home on the weekend. Police have said there was evidence the three may have been forced from the home.

An Amber Alert remained in effect.

Andrus said officers have closed-circuit video from homes and business near the Liknes' house and it's helping with the investigation.

He said police are also getting information from the public, including the people who attended the estate sale.

Police had asked anyone who attended the sale and bought something to bring a photo of the item to a community centre Thursday and speak with investigators.

Andrus estimated as many as 300 people attended the sale. THE CANADIAN PRESS

Justin Bourque

Crown agrees to psych assessment for alleged New Brunswick shooter

A young man charged with fatally shooting three RCMP officers and wounding two others in Moncton, N.B., last month will return to court July 31 after undergoing a psychiatric assessment.

Justin Bourque, 24, is facing three first-degree murder charges and two counts of attempted murder. He has not entered pleas on the charges.

Judge Irwin Lambert said he received from the defence on Thursday an affidavit signed by Victor Bourque, the accused's father, outlining why he believed a psychiatric assessment was justified.

The Crown agreed to the defence request to send Bourque for a psychiatric assessment, to take place at the Shepody Healing Centre in Dorchester, N.B.

Constables Dave Ross, Fabrice Gevaudan and Douglas Larche were gunned down after responding to a report of a man with firearms on June 4. THE CANADIAN PRESS

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Indiegogo's mobile app comes to Canada first

Finally! For once, our country gets something before the rest of the world. Okay, so it's an app for a crowdfunding platform.... We'll take it

Indiegogo's mobile app is available in Canada only, for now. AFP/GETTY IMAGES

Indiegogo, which bills itself as the world's largest crowdfunding platform, is looking to grow with a move into mobile apps — starting in Canada.

The San Francisco-based company announced Thursday that Canadians are getting early access to its first mobile app, which is now available on Apple's App Store. The app will be rolling out to other countries in a couple of months, said Indiegogo CEO Slava Rubin.

"Canada is a really important country for us in terms of volume, it's the second-largest country for us in the world ... and we send money to 70 to 100 countries a week," said Rubin, who added that an app for Google Android devices is expected before year's end. "The Canadian users have been great with their feedback and we feel like it's a great opportunity."

We *are* important

"Canada is a really important country for us in terms of volume, it's the second-largest country for us in the world ... and we send money to 70 to 100 countries a week."

Indiegogo CEO Slava Rubin

Entrepreneurs — or anyone with an idea — can post a fundraising drive on Indiegogo and seek supporters to help pay for their plan. Supporters are typically offered rewards in exchange for donating to help to get the idea off the ground.

Rubin said mobile usage on Indiegogo has grown dramatically in recent years and the new app is designed to help users support or launch campaigns on the go.

"We see the mobile app as an extension of where we're moving forward with our innovation," he said.

"I would say if we were starting Indiegogo from scratch today and there was nothing else existing, there's a good chance we would go mobile-only. Adding apps is just an extension of where the market and customers are taking us." THE CANADIAN PRESS

Up to $7B unclaimed

Low on cash? Try the couch cushions, then the BoC

Millions of Canadians unknowingly have billions of dollars worth of their money and assets being held by companies and government agencies, available for recovery.

The Bank of Canada alone is holding nearly $1 billion from bank accounts and Canada Savings Bonds, but experts estimate unclaimed assets across the country could top $4 billion to $7 billion.

THE CANADIAN PRESS

Market Minute

DOLLAR
93.99¢
(+0.24¢)

Natural gas: $4.39 US (-$0.07)
Dow Jones: 17,068.26 (+92.02)

TSX
15,207.11 (-2.68)

OIL
$104.06 US (-$0.42)

GOLD
$1,320.60 US (-$10.30)

Google. 'Freedom to be forgotten' online versus the freedom of the press

Google's removal of search results in Europe is drawing accusations of press censorship, as stories from some of the continent's most prominent news outlets begin vanishing. The U.S. Internet giant said Thursday it is getting 1,000 requests a day to scrub results.

The U.S. firm must comply with a May ruling from the European Union's top court that enables citizens to ask for the removal of embarrassing personal information that pops up on a search of their names. Among links to vanish were stories on a soccer referee who resigned after a scandal in 2010, French office workers making Post-it art, a couple having sex on a train and a lawyer facing a fraud trial.

At least three British media outlets said Google notified them search results in Europe would not contain some links to their publications.

"It is the equivalent of going into libraries and burning books you don't like," Daily Mail Online publisher Martin Clarke said.

The company is only starting to implement the ruling on the "right to be forgotten" and so far the numbers are small: The Guardian cited six articles, the BBC said one critical blog entry was removed, while the Mail Online saw four articles hit. THE ASSOCIATED PRESS

Forgotten ... in Europe

The purge of search results applies to Google's local search pages covering the EU's 28 member nations and four other European countries, encompassing more than 500 million people.

- The company has a 90 per cent market share for searches in Europe. Those who switch to the firm's American domain, Google.com, will find unaltered search results.

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(if all 7days of 12 HR shift is completed)
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SHIRTLESS ATTACKERS & THICKE CELEBS

THE METRO LIST

Neil Morton
metronews.ca

1 Go Clara Hughes, go! The mental health crusader completed her epic 110-day, 11,000-kilometre Clara's Big Ride across Canada this week, finishing in Ottawa on Canada Day. She tweeted, "THANK YOU CANADA!! It is official the last km has been ridden!! #ClarasBigRide #struggle #joy #relief." No, thank *you* Clara. You've helped change the conversation around mental health.

2 Lowry re-sign leaves Raptors on a high. Raptors basketball junkies went nuts with the news Kyle Lowry has re-signed with Toronto. Make no mistake, this is one of the biggest re-signings in Raptors history, and further evidence the team is going through a true revival. Raps Global Ambassador Drake ought to write an ode to Lowry on behalf of the fans.

3 #TweetYourUnpopularOpinion. This hashtag became popular this week with tweets like "I think Christina Aguilera is a better singer than Beyoncé" and "I think butterflies are creepy." Mine: "Ketchup chips are the best." Sorry not sorry.

4 Shirtless, but not speechless. When Mayor Rob Ford marched in a Canada Day parade, he faced cheers — and jeers — including a shirtless jogger heckler (later identified as a teacher named Joe Killoran)-turned-instant online celebrity/hero who unleashed an angry tirade at Ford that went viral. Every dude has now taken up jogging, and they're leaving their shirts at home.

5 Thicke skin. When you plan hashtag conversations on Twitter, bear in mind things can go horribly wrong. Exhibit A: The Twitter Q&A #AskThicke with Robin Thicke this week that was bombarded by questions about the crooner's misogynistic lyrics and marital woes. It's time for Robin to go to dear old dad Alan for help. #PersonalityMakeoverThicke.

6 Historic Wimbledon. Canada is ace right now, as Milos Raonic and Eugenie Bouchard are the first Canadian singles players in the Open era to reach the Wimbledon semifinals (and Bouchard is the first to reach the finals). Awesome! This country is raining tennis balls, and no one double-fault me for serving that.

7 Moment app. Always making excuses for why you need to check your mobile? Well, a new free app helps you track just how much time you waste on your phone. Moment app helps smartphone users monitor their usage and perhaps change their habits, and live in the real world more. I only checked my phone 10 times in the course of writing this blurb.

8 Thunderstruck Lakefield, Ont., man Tim Rollwagen was photographing a storm on Canada Day when lightning struck the wire fence he was on. He tweeted seconds after, "Don't hold on to a wire fence when trying to get storm pics, just got blasted off by a lightning bolt that struck it. #onstorm #shaking." Now, ER gave him a clean bill of health, but he won't ever forget his July 1 fireworks.

GONE FISHIN'

metro AR

A sea cormorant is placed in a basket to be transported to a fishing boat in Gifu, Japan. In this traditional fishing art, a cormorant master manages the birds to capture fish. For more photos of the hunt, scan this image with your Metro News app. CHRIS MCGRATH/GETTY IMAGES

Trout fishing in Gifu prefecture

Ukaï is a traditional method of catching small Japanese trout by manipulating seabirds called cormorants in the Nagaragawa River that's been taking place every year in Japan since the 700s.

Master trainers of cormorants dressed in ancient costume freely manipulate 10 to 12 wild sea cormorants to skilfully catch small trout.

This fishing is performed every night between May 11 and Oct. 15 except during a full moon or in heavy rain.

The only illuminations are the pine torches lit on the boats.

Master trainers of cormorants belong to the Imperial Household Agency, and an important duty of theirs is to make offerings of small trout to the Emperor.

It is prescribed that in each generation the eldest son succeeds his father, and these men live with cormorants in order to train them every day.

JNTO.GO.JP

By the numbers

1,300

Number of years ukai fishing has been practised in Japan

How it all goes down

Beginning at dusk, each fisherman leads about a dozen cormorants on leashes who swim alongside the boat and dive under the water to catch fish by swallowing them whole.

- The fish are kept in a special pouch in the cormorant's throat to be retrieved later.
- The fish are prevented from being swallowed by a snare around the neck of the bird.

JAPAN-GUIDE.COM

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 11 in Scene and page 16 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

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MetroTube

More Shakira than Shakira

ANDREW FIFIELD
andrew.fifield@metronews.ca

Rob Cantor here has a pretty solid knack for celebrity impressions, especially female performers. And in places where he doesn't get the voice exactly down, he nails the mannerisms.

But this isn't your standard "Said Number Of Celebrity Impressions In Three Minutes" clip. Instead, Mr. Cantor is taking his talents to YouTube to promote his new album by throwing his impressions at an original song.

Seriously, though. The female impressions are absurdly close. (robcantor/YouTube)

PHOTO ILLUSTRATION BY DAVID VAN DYKE/METRO

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Enjoy the Apes of summer

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Chris Pratt roams through space in the summer sci-fi blockbuster Guardians of the Galaxy. DISNEY-MARVEL PHOTO

Hot weather, cool movies. Sci-fi adventure, biopics, mature romantic comedy and sex are all on moviegoers' menu this summer

Richard: Mark, I was a huge Planet of the Apes fan as a kid. Loved the rubber masks, the twisty endings and the "YOU MANIACS! YOU BLEW IT UP!" scene still blows my mind.

Saw them over and over, and even enjoyed the bad ones like Conquest of the Planet of the Apes.

Today, as an adult, I have a full-sized Cornelius bust with faux chimpanzee hair in my office. So, given my obsession with simian cinema, my inner 14-year-old goes a bit ape every time I see the Dawn of the Planet of the Apes trailer. What's got you excited this summer?

Mark: I'm a Planet of the Apes fan, too, Richard. The idea of animals acting like humans is a welcome change from my life in show business, where humans act like animals.

I'm really looking forward to Lucy, starring Scarlett Johansson in a Luc Besson revenge/action flick.

This is Scarlett's moment, and this is going to be the movie to make her a megastar. The trailer made me spill my popcorn!

RC: Johansson is doing interesting work these days, splitting her time between rock 'em, sock 'em movies like Captain America: The Winter Soldier and smaller movies like Chef and Under the Skin.

Michael Fassbender has a similar career arc. We last saw him in X-Men: Days of Future Past. Next up he's in Frank, a strange indie based on the life of Frank Sidebottom, a real-life English musician who wore a giant papier-mâché head complete with painted-on eyes, ruby red lips and slicked-back hair.

I love Fassbender for still taking chances on movies like this when he could easily cash big Hollywood paycheques time after time.

MB: Sounds like one strange biopic, Richard! A more commercial variant I'm looking forward to is Get On Up, the James Brown story starring Chadwick Boseman. The Godfather of Soul never wore a papier-mâché head, but he was big on ermine capes and tantrums, so this should be a lot of fun. And what a soundtrack it will be!

For life lessons and laughs, there's And So It Goes, a mature rom-com starring Michael Douglas and Diane Keaton. Bring your CARP card for discounts on soft-chew treats from the concession stand.

RC: I don't have a CARP card .... yet. I do like soft chew candies, however.

As far as movies go, I'm curious about Guardians of the Galaxy. So many of the summer's blockbusters have been oh-so-serious affairs that I think this one promises some good laughs and action.

MB: The cast suggests it might be more than your typical sci-fi adventure. But it's Jason Segel and Cameron Diaz in Sex Tape that gets me hot. Big laughs, lots of action, at least of the horizontal variety.

Flick picks

When the Reel Guys aren't at the movies, one of their favourite things to do is talk about going to the movies.

- This week Richard and Mark have a look at talking apes, a vengeful Scarlett Johansson, and a singer with a papier-mâché head and a talking raccoon.
- So throw some popcorn on the BBQ, crank up the air conditioning and enjoy the Reel Guys' most anticipated films of the summer season.

AUGMENTED REALITY

→ Guardians of the Galaxy is expected to be a massive summer hit. Scan this photo with your Metro News app for a look at the trailer.

→ See the full instructions on Metro's Voices page.

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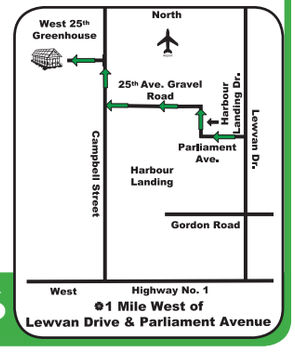

Provocative director gets soft in latest film

Gerontophilia.
Bruce LaBruce insists it's still fetish first, despite his tale of intergenerational sex having a notable tinge of sweetness

Toronto filmmaker, underground pornographer and all-around boundary-baiting provocateur Bruce LaBruce has accomplished something downright outrageous with his latest picture, Gerontophilia: he made something accessible, tender and — gasp — sort of mainstream. In the 50-year-old's estimation, it's perhaps the most shocking move he could have made. "I was expecting a certain amount of backlash (or) blowback," the director said over coffee at last September's Toronto International Film Festival. "I've made seven feature films pretty much all with explicit content, and suddenly to change gears and make something a little more accessible, possibly a little more mainstream — certainly done more within an industry context, government financing, my first union crew, etc. "I would expect some raised eyebrows," he continued. "I'm saying it's shocking sometimes not to be shocking. The scandal is that there is no scandal."

Still, fans of LaBruce's more nakedly daring work will still find layers of subtext to chew on in what otherwise seems his first pleasant trifle. Gerontophilia, which opens Friday in Toronto, centres on Lake (newcomer Pier-Gabriel Lajoie), an 18-year-old who takes a job in a nursing home. There, he develops feelings for an 81-year-old resident of the facility (portrayed by Walter Borden), and an unlikely romance blossoms.

Although there's a sweetness to the relationship and LaBruce's film in general, he's characteristically quick to undercut it. He wanted the film to be about a fetish — hence the title — and not a story of love overcoming a seemingly insurmountable difference.

In other words, Lake doesn't fall for Mr. Peabody in spite of their chasmic age disparity, but precisely because of it. "I very consciously made him not gay-identified — he has a girlfriend," LaBruce said of the younger character. "I also consciously start out with his fetish first. That's why the film is about gerontophilia — he does have several encounters with old men where he gets excited. He doesn't quite understand why."

The film is LaBruce's first to be deemed acceptable for audiences as young as 14 in Canada.

THE CANADIAN PRESS

Canadian director Bruce LaBruce says his new film is shocking for how mainstream it is. THE CANADIAN PRESS

Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com. **Ratings:** *Certified Fresh:* *Fresh:* *Rotten:* *Audience response:* *Audience anticipation for the film:*

Comedy

Tammy

Director. Ben Falcone

Stars. Melissa McCarthy, Susan Sarandon

Tammy (Melissa McCarthy) is having a bad day. She's totalled her clunker car, gotten fired from her thankless job at a greasy burger joint and, instead of finding comfort at home, finds her husband getting comfortable with the neighbour in her own house. It's time to take her boom box and book it. The bad news is she's broke and without wheels. The worse news is her grandma, Pearl (Susan Sarandon), is her only option — with a car and cash.

Rotten Tomatoes™ score
Critics: 24% **Audience:** 60%

Horror

Deliver Us From Evil

Director. Scott Derrickson

Stars. Eric Bana, Edgar Ramirez

In Deliver Us From Evil, New York police officer Ralph Sarchie (Eric Bana), struggling with his own personal issues, begins investigating a series of disturbing and inexplicable crimes. He joins forces with an unconventional priest (Edgar Ramirez), schooled in the rituals of exorcism, to combat the frightening and demonic possessions that are terrorizing their city.

Rotten Tomatoes™ score
Critics: 33% **Audience:** 63%

Action & Adventure

Earth to Echo

Director. Dave Green

Stars. Teo Halm, Astro

Tuck, Munch and Alex are a trio of inseparable friends whose lives are about to change. Their neighbourhood is being destroyed by a highway construction project that is forcing their families to move away. But before long the boys begin receiving strange signals on their phones. Convinced something bigger is going on, they team up with another school friend, Emma, and set out to look for the source of their phone signals.

Rotten Tomatoes™ score
Critics: 55% **Audience:** 63%

THESE PAGES COVER MOVIE START TIMES FROM FRI., JULY 4 TO THURS., JULY 10. TIMES ARE SUBJECT TO CHANGE.

Southland Mall 3025 Gordon Rd.

22 Jump Street (14A) Fri-Thu 1:20-4:05-7:10-9:50
Dawn of the Planet of the Apes 3D (STC) No Passes Thu 10
Deliver Us From Evil (14A) No Passes Fri-Thu 1:10-4-7:20-10:10
Edge of Tomorrow 3D (PG) Fri-Wed 12:50-3:45-6:40-10:05 Thu 12:50-3:45-6:40
The Fault in Our Stars (PG) Fri-Thu 12:40-3:50-7
How to Train Your Dragon 2 (G) Fri-Thu 1-3:35-6:55-9:25
Jersey Boys (14A) Fri-Wed 12:25-3:25-6:30-9:30 Thu 12:25-3:25-6:30-9:45
Maleficent (PG) Fri-Thu 12:15
Maleficent 3D (PG) Fri-Thu 2:45-5:10-7:45-10:15
Neighbors (18A) Fri-Wed 12:10-2:35-5-7:30-10 Thu 1:30-4:15-10
RiffTrax Live: Sharknado (STC) Thu 7
Transformers: Age of Extinction (PG) No Passes Fri-Sun 2:10-6-9:40 No Passes Mon-Tue 1:10-5-8:40 No Passes Wed 5-8:40 No Passes Thu 1:10-5-8:40 Star & Strollers Screening, No Passes Wed 1:30
Transformers: Age of Extinction 3D (PG) No Passes Fri 3:10-6:45-10:20 No Passes Sat-Sun 11:40-3:10-6:45-10:20 No Passes Mon-Thu 2:10-5:45-9:20
X-Men: Days of Future Past (PG) Fri-Thu 9:55

Galaxy Cinemas Normanview S.C. 420 McCarthy Blvd. N. Unit

22 Jump Street (14A) Fri 1:40-4:45-7:30-10:10 Sat 1:40-4:40-7:25-10:10 Sun 12:50-4:40-7:25-10:10 Mon-Tue 1:40-4:45-7:30-10:10 Wed 12:35-3:35-7:30-9:30 Thu 1:40-4:45-7:30-10:10
Cloudy With a Chance of Meatballs 2 (G) Sat 11 Wed 12:30
Dawn of the Planet of the Apes 3D (STC) No Passes Thu 10:15
Deliver Us From Evil (14A) No Passes Fri 1:20-4:15-7:10-9:55 No Passes Sat-Sun 12:30-3:30-7:10-10:05 No Passes Mon-Thu 1:20-4:15-7:10-9:55
Earth to Echo (G) Fri 1:50-4:10-7:40-10:05 Sat 11:30-1:55-4:20-7:40-10 Sun 12:10-2:30-4:50-7:15-9:30 Mon-Thu 1:50-4:10-7:40-10:05
The Fault in Our Stars (PG) Fri 1:10-4:05-7:20 Sat-Sun 12-3:20-6:40 Mon-Thu 1:10-4:05-7:20
How to Train Your Dragon 2 (G) Fri 1-3:40-6:40-9:15 Sat 11:50-2:30-5:05-7:45-10:15 Sun 11:50-2:25-5:05-7:45-10:15 Mon-Thu 1-3:40-6:40-9:15
Maleficent (PG) Fri 12:50 Sat 11:20 Mon-Thu 12:50
Maleficent 3D (PG) Fri 4:25-7-9:25 Sat 2-4:30-7-9:25 Sun 4:30-7-9:45 Mon-Tue 4:25-7-9:25 Wed 4:25-10:10 Thu 4:25-7
Rebel Without a Cause (STC) Sun 12:55 Wed 7
Tammy (14A) No Passes Fri 1:30-3:50-6:50-9:40 No Passes Sat 11:10-1:45-4:15-6:55-9:35 No Passes Sun 12:20-2:40-5:05-7:30-9:55 No Passes Mon-Thu 1:30-3:50-6:50-9:40
Transformers: Age of Extinction (PG) No Passes Fri 2-5:45-9:30 No Passes Sat-Sun 2:20-6:05-9:50 No Passes Mon-Tue 2-5:45-9:30 No Passes Wed 3:30-7:05-10:35 No Passes Thu 2-5:45-9:30
Transformers: Age of Extinction 3D (PG) No Passes Fri-Wed 12:40-4:35-8:20 No Passes Thu 12:40-4:35-8:20-10 No Passes Fri 2:50-6:25-10 No Passes Sat-Sun 11:40-3:10-6:45-10:20 No Passes Mon-Wed 2:50-6:25-10 No Passes Thu 2:50-6:25
X-Men: Days of Future Past (PG) Fri 10:15 Sat-Sun 9:40 Mon-Thu 10:15

Kramer IMAX Theatre, 2903 Powerhouse Dr.

Flight of the Butterflies 3D (STC) Fri 1-3:30-6:15
Hubble 3D (STC) Fri 10 Sat-Sun 1-3:30-6:15
Island of Lemurs: Madagascar 3D (G) Fri 11-2:15-4:45-7:30 Sat-Sun 2:15-4:45-7:30

Golden Mile, 3806 Albert St.

Belle (G) Fri-Thu 3:45
Godzilla (PG) Fri-Thu 1-3:45-6:30-9:15
Heaven Is for Real (G) Fri-Thu 1:20-3:50-7-9:20
The LEGO Movie (G) Fri-Thu 1:10-4:05
Million Dollar Arm (G) Fri-Thu 1:15-3:50-6:40-9:10
A Million Ways to Die in the West (14A) Fri-Thu 6:35-9:25
Neighbors (18A) Fri-Thu 1:30-4:10-7:05-9:30
The Other Woman (PG) Fri-Thu 1:10-4-6:50-9:10
The Railway Man (14A) Fri-Thu 1:20-6:45-9:30
Rio 2 (G) Fri-Thu 1:05-3:55-6:30-9:20

Regina Public Library Film Theatre, 23 11 12th Ave.

American Beauty (14A) Wed 6:45
The Grand Seduction (PG) Fri 9 Sat 7 Sun 9
Know Your Mushrooms (STC) Thu 7
No Films Showing Today (STC) Mon-Tue
Tracks (PG) Thu 9
Under the Skin (14A) Fri 7 Sat 9 Sun 7

Ryan Gosling and Rachel McAdams in 2004. ALL PHOTOS GETTY IMAGES

Gosling and McAdams weren't so cuddly on set of The Notebook

To mark the 10th anniversary of The Notebook, surely it's appropriate to wax sentimental over the now-iconic love story, or reminisce about the subsequent off-screen romance between co-stars Ryan Gosling and Rachel McAdams.

Or, if you're Notebook director Nick Cassavetes, maybe it's time to tell the world just how much the co-stars disliked each other during filming.

In an interview with VH1, Cassavetes reveals that at one point, their bickering interrupted filming. "Maybe I'm not supposed to tell this, but they were really not getting along one day on set. And Ryan came to me, and there's 150 people standing in this big scene, and he says, 'Nick come here.' And he's doing a scene with Rachel and he says, 'Would you take her out of here and bring in another actress to read off camera with me?' I said, 'What?' He says, 'I can't. I can't do it with her. I'm just not getting anything from this.'"

How did Cassavetes deal with that one? Apparently, he arranged for the stars to, er, talk it out. "We went into a room with a producer; they started screaming and yelling at each other. I walked out. At that point I was smoking cigarettes. I smoked a cigarette and everybody came out like, 'All right, let's do this.' And it got better after that, you know? They had it out ... I think Ryan respected her for standing up for her character and Rachel was happy to get that out in the open. The rest of the film wasn't smooth sailing, but it was smoother sailing." METRO

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Adam Levine takes on his first movie role pro bono

MELINDA TAUB
Metro in New York City

Adam Levine is an attractive person. In fact, being attractive may be the thing he's best at, including being the rock star frontman for Maroon 5. So he should be totally fine monetizing that attractiveness on the silver screen, right?

Not so fast. Levine says he wants to take things slow as he learns his cinematic craft — that's why he took on his role in Begin Again, opposite Keira Knightley, as more or less an unpaid intern.

"I did this movie for no money. I'm very lucky that I'm in that position," he told USA Today. "I want to have good experiences. I don't want to do a bunch of (expletive) that I hate. I want to treat (acting) completely differently because I have the very fortunate luxury of not having to think of this in terms of money."

Between Maroon 5 and The Voice, Levine will probably never have to think of anything in terms of money again, up to and including trips to space, but he is a man of simpler pleasures: His favourite thing about being a rock star is apparently restaurants. Adam Levine loves restaurants. "I can get a reservation at any restaurant in town at any town," he says in awe. "And that's the greatest thing about being me. Because I love to eat at many different restaurants."

So putting this all together, I'm pretty sure Adam Levine will star in my web series if I take him to some restaurants. I've gotta go make some calls.

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Liquid Assets

For the love of salmon

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

My comments last week that I was determined to master the art of barbecuing salmon prompted some of you to send me everything from your own step-by-step instructions to links to YouTube vids.

I took your advice and, while I'm still no Iron Chef, things turned out just fine. Well, eatable at least.

There's a lot to love about salmon. Not only does it taste fantastic, its adaptability with wine continues to chip away at that old wives' tale that claims only whites go with fish. While your favourite glass of lightly-oaked chardonnay or off-dry riesling would make a good match, my palate prefers red.

With its typically round, plump berry flavours, pinot noir is the grape that's the yin to salmon's yang. Originally from France's Burgundy region, it's now grown worldwide with fantastic versions coming out of South America.

Cono Sur's 2013 Bicicleta Pinot Noir ($10.95 - $12.99) from Chile is one for the budget conscious. Soft and juicy with good varietal personality, it goes swimmingly with meatier fish.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

4th of July is spelled r-i-b-s

Memphis-Style Baby Back Ribs. Our neighbours to the south are celebrating their independence, and you can join in vicariously with this barbecue staple

1. Prepare a grill for medium-low (about 325 F) indirect cooking. In a charcoal grill, this means banking the hot coals to one side of the grill and cooking the ribs on the cooler side. In a gas grill, this means heating the grill with all burners on, but turning off the burners on one side just before putting the food on that side.

2. Remove silver skin from the backs of the ribs, if desired.

3. Place the soaked wood chips directly on the hot charcoals, or in smoking box if using a gas grill (place the box in the grill according to manufacturer directions). Cover the grill.

4. Rub the cut lemons all over the fronts and backs of the ribs, squeezing to release as much juice as possible. Set aside for 5 minutes, then sprinkle the ribs liberally with the barbecue rub. Let sit for 15 minutes.

5. Place the ribs, bone side down, in the centre of the cooking grate over the cooler side of the grill. Cover the grill and cook 1 1/2 to 2 hours, or until the meat is tender and has pulled back from the ends of the bones. Do not open the grill cover for at least the first 30 minutes. After that, if the ribs start to burn at the edges, stack them on top of one another in the very centre of the grill and lower your heat slightly.

6. Twenty minutes before serving, un-stack the ribs if necessary, then brush with barbecue sauce. Remove the ribs from the grill and let rest 10 minutes before cutting into individual or 2- to 3-rib portions.

7. If desired, additional barbecue sauce can be warmed and served alongside the ribs.

Classic Barbecue Rub

1. In bowl, combine all ingredients. Mix well. For a smoother rub, process the ingredients in a spice grinder until well combined and finely ground. The rub can be stored in an airtight container for up to 6 months.

THE ASSOCIATED PRESS/ ELIZABETH KARMEL AUTHOR OF THREE COOKBOOKS, INCLUDING PIZZA ON THE GRILL

Ingredients

- 6 lbs baby back ribs
- 3 cups barbecue wood chips, soaked in water for 1 hour
- 2 lemons, halved
- 1/4 cup barbecue rub (see recipe below)
- 16-oz bottle barbecue sauce

Classic Barbecue Rub

- 3 tbp granulated sugar
- 2 tbsp smoked paprika
- 2 tbsp kosher salt
- 2 tbsp packed dark brown sugar
- 1 tbsp ground cumin
- 1 tbsp ground black pepper
- 1 tbsp onion powder
- 1 tbsp garlic powder
- 2 tsp chili powder
- 1/2 tsp cayenne pepper

Americanize your salad

1. Place potatoes in a large pot. Add enough water to cover potatoes by 1 inch. Add a hefty pinch of salt, then bring to boil. Reduce to a simmer, cover and cook until fork tender, but not falling apart, 12 to 15 minutes. Drain the potatoes, then spread them on a rimmed baking sheet. Sprinkle with salt and black pepper, then sprinkle with 2 tablespoons of the vinegar. Set aside to cool.

2. In a large bowl, whisk together the remaining 2 tablespoons of vinegar, the olive oil, mustard and tarragon. When the potatoes have cooled, add them to the bowl, as well as the cheddar, blueberries and roasted red peppers. Stir gently to coat with the dressing.

3. Chill for 1 hour to let flavours develop.

THE ASSOCIATED PRESS

Ingredients

- 24 oz small red potatoes, halved or quartered
- 24 oz small purple potatoes, halved or quartered
- Kosher salt and ground black pepper
- 4 tbsp red wine vinegar, divided
- 3 tbsp extra-virgin olive oil
- 2 tbsp Dijon mustard
- 1/4 cup chopped fresh tarragon
- 8 oz goat milk cheddar or gouda, diced
- 2 cups fresh blueberries
- 1 cup diced roasted red peppers

This recipe serves 10. MATTHEW MEAD/ THE ASSOCIATED PRESS

Redblacks era officially underway

The Ottawa Redblacks hit the field for their first regular-season game in franchise history against the Winnipeg Blue Bombers in Winnipeg on Thursday. For the full story, go to metronews.ca. JOHN WOODS/THE CANADIAN PRESS

Bouchard makes Wimbledon final

Beats Halep to advance. Third time's the charm as Canadian phenom reaches first Grand Slam title match

Canada's Eugenie Bouchard stumbled in her first two Grand Slam semifinal appearances this year.

The third time proved to be the charm Thursday at the All England Club.

Bouchard defeated Romania's Simona Halep 7-6 (5), 6-2 to become the first Canadian to advance to the women's singles final at Wimbledon. It was the latest achievement in what has already been a historic run for Bouchard at the sport's most prestigious event.

"After doing well in the past few (Grand) Slams, I've been believing since the beginning of the tournament that I can do really well," she said. "I'm just trying to take it one match at a time. It's really important not to get ahead of ourselves.

"I totally feel like I belong, and I'm just so excited for the next match."

The 20-year-old from Westmount, Que., has yet to lose a set in her six matches so far at Wimbledon. No Canadian had ever reached the women's singles quarter-finals here in the Open era — never mind the final — before Bouchard.

There could be a Canadian in the men's singles final as well. Milos Raonic of Thornhill, Ont., will take on Switzerland's Roger Federer on Friday with a berth in Sunday's championship on the line.

The 13th-seeded Bouchard will next face sixth-seeded Petra Kvitova on Saturday.

"To get to my first Grand Slam final, it's very exciting. It's what I've worked so long for, you know," Bouchard said. "So I'm just proud of myself for today's effort."

Kvitova, the 2011 Wimbledon champion, beat fellow Czech left-hander Lucie Safarova 7-6 (6), 6-1 in the other semifinal. THE CANADIAN PRESS

Eugenie Bouchard serves to Simona Halep during their women's singles semifinal match on Thursday at Wimbledon. CARL COURT/AFP/GETTY IMAGES

AUGMENTED REALITY

→ Scan the image with the Metro News app for more photos from the women's semifinals.

→ See the full instructions on Metro's Voices page.

metro AR

Mixed martial arts

Hughes to GSP: Stay out of UFC

Former UFC welterweight champion Matt Hughes says Georges St-Pierre should retire for good.

St-Pierre has been on hiatus since vacating his 170-pound title following a controversial win over Johny (Bigg Rigg) Hendricks at UFC 167 last November. He cited unspecified personal matters, saying he needed time away from the sport.

Hughes, who lost the UFC title to St-Pierre at UFC 65 in November 2006, says now may be the time for St-Pierre to finish on a winning note.

"If I was GSP, I'd probably hang them up," said Hughes, now vice-president of athlete development and government relations for the UFC. "Here I am a guy that lost my (last) two fights and I'd love to get back in there (to finish on a win). And Georges got his hand raised the last fight.

"So if I had to give advice, I'd say, 'You want to get out? Get out.'"

THE CANADIAN PRESS

NBA

Melo finally meets with the Knicks

A person with knowledge of the plans says the New York Knicks had arranged to meet with Carmelo Anthony on Thursday afternoon in Los Angeles.

Anthony was in Los Angeles to meet with the Lakers, who are among the teams hoping to convince the all-star forward to leave New York. Anthony already visited Chicago, Houston and Dallas this week.

THE ASSOCIATED PRESS

Tour de France

Pressure mounts for Froome

Defending champion Chris Froome says he's feeling the pressure on the eve of the Tour de France.

Ahead of Saturday's race start, the Kenyan-born Briton says his main rivals "have upped their game" and two-time Tour champ Alberto Contador is looking more competitive than a year ago. "I definitely won't say I'm going to win, but I will say that I'm going to give it my absolute everything," Froome says.

THE ASSOCIATED PRESS

Argentina to face Belgium blitz

World Cup. Red Devils coach sets up quarter-final match as team versus individual talent

So far none of Argentina's opponents has been able to stop Lionel Messi.

Perhaps Belgium has what it takes. But even if it doesn't, the Red Devils present a fresh challenge for Argentina at this World Cup.

For the first time in Brazil, Argentina faces an opponent with attacking potential that rivals its own.

"We will have to adapt, but what really interests me is to see how they will adapt to us," Belgium coach Marc Wilmots said.

Argentina has struggled on its road to the quarter-finals, relying on single moments of Messi magic to break stalemates against mostly defence-oriented teams.

On Saturday in Brasilia, it's up against a young, sparkling team that's considered a dark horse for the title. Even though it needed extra time to prevail against the United States, Belgium unleashed offensive qualities in that game that could present major problems for Argentina's sometimes shaky defence.

Belgium fired 38 shots, half of them from midfielders Kevin de Bruyne and Eden Hazard, and strikers Divock Origi and Romelo Lukaku. An impressive performance by U.S. goalkeeper Tim Howard kept the score down.

Meanwhile, Argentina's attack hasn't been as fearsome as predicted. Centre forward Gonzalo Higuain is scoreless after four games and his attacking partner Sergio Aguero is out injured. Ezequiel Lavezzi is replacing the Manchester City striker but was largely ineffective against Switzerland.

Then there's Messi.

The little genius has delivered when Argentina needed him most, scoring in every group stage match and setting up Angel Di Maria's extra-time winner against Switzerland in the round of 16.

In a tight game, the Swiss shackled him successfully until his decisive run in the 118th minute.

"We knew that we would face a situation like that, but that's football and we had luck on our side," Messi said.

Wilmots was unwilling to compare the strengths of the two teams but noted that except for a few players, Argentina's performance at the World Cup has exposed some weaknesses.

THE ASSOCIATED PRESS

Not intimidated

"But if you ask me as a coach whether I prefer a good collective or one great player, I prefer the team."

Belgium coach Marc Wilmots, on the threat posed by Argentina's Lionel Messi

Lionel Messi of Argentina talks with his team during a training session on Wednesday in Vespasiano, Brazil. Argentina will face Belgium in a World Cup quarter-final on Saturday. RONALD MARTINEZ/GETTY IMAGES

Colombian soccer fans unite around World Cup contender

The euphoria in soccer-mad Colombia is deafening, and wonderfully contagious, ahead of Friday's do-or-die World Cup match against host Brazil.

Never before has the nation made the quarter-finals. Some are even waxing poetic about World Cup unity accelerating the pace of 18-month-old peace talks to end a half-century of conflict that has claimed some 220,000 lives.

Fans of the Colombian soccer team wave their flags in front of the hotel where the team is staying in Fortaleza, Brazil, Thursday. RODRIGO ABD/THE ASSOCIATED PRESS

Half the population seems to be wearing the canary-yellow national jersey, even on days Colombia isn't playing. And the merrymaking, from singing in the streets to collective game-watching on huge screens in public parks, is often so unrestrained that many big-city mayors have imposed bans on alcohol sales on game days.

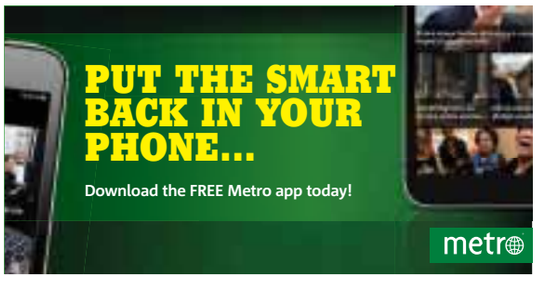
The fear, of course, is that it all will be fleeting and the violence and intolerance that have long plagued the Andean nation will re-emerge at the tournament's end.

"Soccer has always worked as a tool of union and a tool for nation-building," said Alexander Castro, a National University sociologist. "But soccer is also as ephemeral as a particular game. And when this World Cup ends it will be like a passing fad, and we'll be back to our old habits."

Not since Colombia drubbed Argentina 5-0 in a 1993 World Cup qualifier has the nation of 48 million been so enthralled by the beautiful game.

"Colombia is going to make it to the final because it has the fundamentals and preparation, and (the players) have great courage and desire," said Leonardo Soto, a 23-year-old paralegal in Bogota. THE ASSOCIATED PRESS

FOR MORE WORLD CUP COVERAGE GO TO METRONEWS.CA



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Horoscopes

♈ Aries
March 21 - April 20
You have to accept what is taking place in your life, even though you may not approve of it. There are times when even an Aries must bend with the breeze and this is one of them.

♉ Taurus
April 21 - May 21
You like to take initiative but today you will have to yield to those who do not share your sense of adventure. It may be frustrating but you can't change it so don't let it upset you.

♊ Gemini
May 22 - June 21
There will be times today when you could scream at people who refuse to see sense but keep quiet. Your way of doing things may indeed be best but no amount of threats will change their minds.

♋ Cancer
June 22 - July 23
Don't worry if you upset someone today because you need to let others know you won't be pushed around. It may mean the end of a friendship but that's a small price to pay for securing your freedom.

♌ Leo
July 24 - Aug. 23
Yes, of course, you have a right to say what you think but don't forget that others have the right to hit back if they so choose. If you clash with someone whose ideas are at odds with your own there could be fireworks today.

♍ Virgo
Aug. 24 - Sept. 23
What happens over the next 24 hours will bring you down to earth with a bump but maybe that's good. Your head has been up there in the clouds a bit too long. Come back to reality.

♎ Libra
Sept. 24 - Oct. 23
You have allowed certain people to get away with things they did not deserve to get away with. Now you must balance things out and see to it that they pay for their mistakes.

♏ Scorpio
Oct. 24 - Nov. 22
If there are any loose ends in your affairs, you must deal with them over the next 24 hours. If you leave them flapping in the breeze they will trip you up sooner or later — likely sooner.

♐ Sagittarius
Nov. 23 - Dec. 21
This may be a difficult day for you but it can also be a day when you learn something to your advantage. If you are torn between the future and the past, choose the future.

♑ Capricorn
Dec. 22 - Jan. 20
There is no point trying to force the pace because the Sun opposing Pluto in your sign won't let you — and will remind you where the real power lies. Also, focus on finishing what has been started.

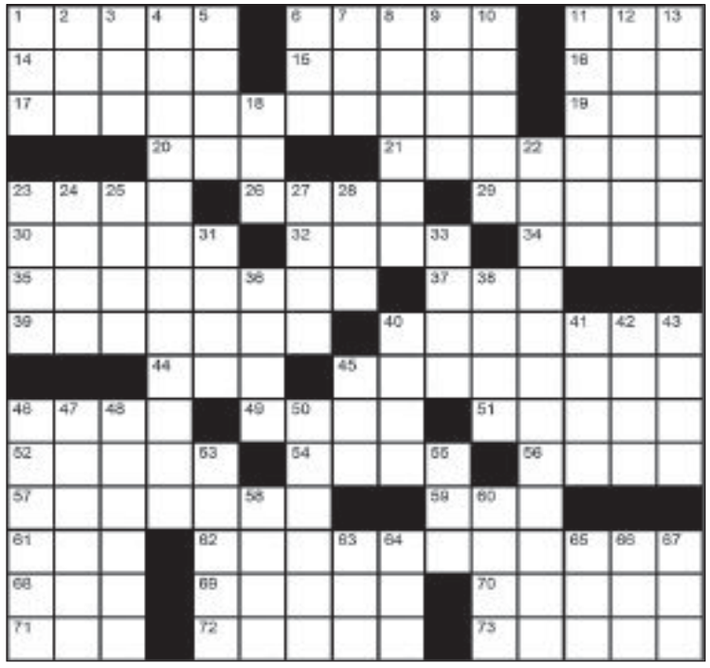
♒ Aquarius
Jan. 21 - Feb. 19
The quality you most need today is patience. Come the weekend you will be able to start doing things again but over the next 24 hours control your urge to push ahead.

♓ Pisces
Feb. 20 - March 20
For some reason you seem to be afraid of your own shadow — even though most things in your life are going well. Don't let fear hold you back from doing something creative today. Once you start your confidence will return. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across
1. Queen's __ (The 155th Anniversary takes place July 6th, 2014 at Woodbine Racetrack in Toronto)
6. Washington's baseball team [abbr.]
11. ms. lang's
14. Actress Anne
15. Up _ __ (Stuck)
16. Last word in #17-Across' answer, to J.Lo
17. Bryan Adams/Tina Turner duet: 3 wds.
19. Tip to 'maniac'
20. Alphabet trio
21. Type of riding boot or pant
23. Vigour
26. Prima donna
29. __ __ the table (Don't eat in front of the TV)
30. Scoundrel
32. Broadway musical
34. Mattel products
35. __ Passage (Locale of PEI-to-New-Brunswick's Confederation Bridge in the Northumberland Strait)
37. __ and outs
39. Plectrum-played instruments
40. Canuck creatures
44. Canada's financial TV channel
45. PEI community; or, sweater closed with buttons
46. __ name (Techie identification)
49. Glaswegian
51. 'Pain'-meaning suffix
52. Character in Haida mythology
54. Unluckily
56. Lengthy
57. Montreal's ecosystem tourist attraction
59. Toronto Blue Jays mascot
61. 'A' of ATV
62. County or River in New Brunswick
68. Oct.'s follower
69. Mannerism
70. "Hogwash!"
71. Yore's 'before'
72. Toast starter...
73. Steve Miller Band's "Fly Like an __"

Down
1. Fraternity letter
2. Permit
3. House temp. coolers
4. __ horses (Stakes racers at #1-Across)
5. Morns opposites
6. Refuser's reply
7. MLB Braves, on scoreboards
8. Hector, in ancient Greek mythology
9. Prefix that means 'to the left'
10. Pre-being-a-plant plantees
11. Compulsive thief, in slang
12. Sudbury-born hockey great Ron
13. Summertime wear
18. Company name abbr.
22. Motown mecca: 2 wds.
23. World Cup 2014 host [abbr.]
24. TV psychotherapist Dr. Ludwig
25. "_ __ Around" by The Beach Boys
27. Van Gogh flower
28. Horse's healing helper
31. "Trainspotting" (1996) star Bremner
33. Grouping
36. Coastal birds
38. __ Surf (Rock band)
40. The __ Shoe Museum, in Toronto
41. Famous waffle
42. "__ Man" (1988)
43. Hosiery hitch
45. Mil. officer
46. Sophisticated
47. Aye-saying guy
48. Progress
50. __ salad
53. __ Bay, ON
55. Droop
58. 'Mother' in Montreal
60. Get along
63. Neckwear
64. TGIF part
65. MasterCard transaction [abbr.]
66. "Shallow __" (2001)
67. Pastureland parent

Yesterday's Crossword

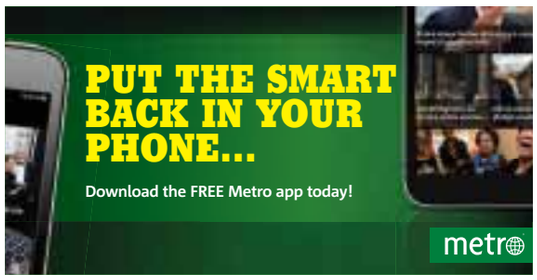
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		4					8	
6	9						5	1
		5	3			7	6	
9				7	1		4	
				3				
	5		4	2				9
	4	8			9	1		
5	6						7	2
	7					6		

Yesterday's Sudoku

7	2	8	4	3	8	6	1	5
1	4	3	5	2	6	9	8	7
8	6	5	1	7	9	2	4	3
6	3	2	7	1	5	8	9	4
4	5	1	9	8	2	3	7	6
9	8	7	6	4	3	5	2	1
3	9	4	8	6	7	1	5	2
5	1	6	2	9	4	7	3	8
2	7	8	3	5	1	4	6	9



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INCLUDES SELECTED SUMMER FASHIONS & FOOTWEAR FOR THE ENTIRE FAMILY

1000s OF ITEMS ARRIVING DAILY!

While Quantities Last.

HUGE SELECTION OF WOMEN'S SHOES AT $1, $3 & $5 pr.

Prices as marked

PLUS SAVE 50% ON ALMOST ALL WOMEN'S FOOTWEAR PRICED OVER $15*

*Before taxes While Quantities Last. Markdown taken at register

ALL MEN'S Nevada® T-shirts

$3 ea.

While Quantities Last.

GREAT SELECTION OF LUGGAGE

UP TO 60% OFF SEARS ORIGINAL PRICES

ALL MEN'S & WOMEN'S Nevada® Jeans

$4.99 ea.

*While Quantities Last.

SAVE 25% ON ALL WOMEN'S JESSICA® FASHIONS

Special Sears Outlet Offer

SERTA® MATTRESSES

Queen Size $299.99 - $499.99 ea.

Also available in Twin, Double & King-sizes!

4 styles Available

Box Spring Sold Separately.

SAVE 30% ON ALL WOMEN'S SLEEPWEAR & INTIMATE WEAR PRICED OVER $10*

*Before taxes. While Quantities Last. Markdown taken at register

SAVE 30% ON ALMOST ALL FRIDGES

PRICED OVER $1000 BEFORE TAXES

Excludes all items with Yellow Starbursts, Red Penned & Red Clearance Tags

SAVE 20% ON ALMOST ALL RANGES & WASHERS

PRICED OVER $1000 BEFORE TAXES

Excludes all items with Yellow Starbursts, Red Penned & Red Clearance Tags

NEW ARRIVALS DAILY OF Mattresses, Upholstered & Wooden Furniture

UP TO 60% OFF SEARS ORIGINAL PRICES

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1908 7th Ave.
Regina SK

Store Hours

Monday - Friday 9:30 am - 9 pm
Saturday 9:00 am - 6 pm
Sunday & Holidays 11 am - 5 pm

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BENNETT-FITS: JUST ANOTHER REASON IT'S BETTER AT BENNETT

Lisa Garvie,
Finance Manager

Bennett-fit #2

1/2 Price Oil Changes

#D27427P

3.5L 6CYL, ROOM FOR 7 PLUS CARGO, MONOCHROMATIC ROOF, SYNC, BLUETOOTH

2011 FORD FLEX SEL

MARKET VALUE	SALE PRICE	PAYMENT
$18,998*	$17,195*	$119* B/W

#A56289RP

AWD, LOADED, HEATED & COOLED LEATHER SEATS, NAVIGATION, POWER MOONROOF

2013 FORD EXPLORER LTD

MARKET VALUE	SALE PRICE	PAYMENT
$44,995*	$40,995*	$279* B/W

#221810RP

3.0L 6CYL, SPORT APPEARANCE PKG, HTD MIRRORS, PREMIUM HEATED CLOTH SEATS, POWER MOONROOF

2013 FORD FIESTA SE

MARKET VALUE	SALE PRICE	PAYMENT
$18,995*	$17,295*	$119* B/W

#L180417P

2.0L 4CYL, POWER HEATED MIRRORS, UPGRADED STEREO SYSTEM

2012 FORD FOCUS SE

MARKET VALUE	SALE PRICE	PAYMENT
$18,995*	$15,295*	$109* B/W

#804932P

2.0L 4CYL, PREMIUM CLOTH BUCKET SEATS, SATELLITE RADIO, DUAL 12V POWER POINTS

2013 MAZDA 3

MARKET VALUE	SALE PRICE	PAYMENT
$20,995*	$18,995*	$129* B/W

#143579P

POWER GROUP, KEYLESS ENTRY, POWER/HEATED MIRRORS, DUAL ZONE TEMPERATURE CONTROL

2012 DODGE JOURNEY SXT

MARKET VALUE	SALE PRICE	PAYMENT
$22,995*	$18,495*	$139* B/W

#662789T

MANUAL, ACCESS CAB, 4.0L 6CYL, BACK-UP CAMERA, UPGRADED SOUND SYSTEM, HEATED MIRRORS

2009 TOYOTA TACOMA X-RUNNER

MARKET VALUE	SALE PRICE	PAYMENT
$23,995*	$21,495*	$189* B/W

#A42759P

5.4L 8CYL, DUAL POWER HEATED MIRRORS, RUNNING BOARDS, ROOF RAILS

2010 FORD EXPEDITION XLT

MARKET VALUE	SALE PRICE	PAYMENT
$29,995*	$25,995*	$199* B/W

#530816T

3.6L 6CYL, LUXURY, LOADED, BLACK HEATED LEATHER, PANORAMIC ROOF, POWER PEDALS, LOW KMS

2012 CADILLAC SRX AWD

MARKET VALUE	SALE PRICE	PAYMENT
$41,995*	$38,995*	$259* B/W

#131753P

TURBO, PUSH BUTTON START, NAV, POWER HEATED LEATHER SEATS, BLUETOOTH

2013 HYUNDAI VELOSTER

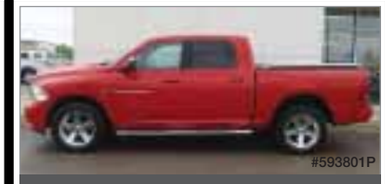
MARKET VALUE	SALE PRICE	PAYMENT
$28,995*	$26,995*	$189* /BW

#219687T

3.7L 6CYL, MANUAL, UPGRADED TRIM PACKAGE, SPOILER AND STRIPE, DUAL EXHAUST

2012 FORD MUSTANG V6 COUPE

MARKET VALUE	SALE PRICE	PAYMENT
$28,995*	$24,295*	$164* B/W


#593801P

5.7L 8CYL, AUTOMATIC, BOX RAILS

2011 DODGE RAM 4X4

MARKET VALUE	SALE PRICE	PAYMENT
$34,995*	$33,495*	$259* B/W

PLUS ONLY AT BENNETT

- Free Lifetime Powertrain Warranty
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